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the primary fuel used during
endurance exercise Fatty
Acids What are the parts of
the circulatory system The
heart, arteries and Veins
What are the parts of the
Nervous System The Central,
and Peripheral What connects
bone to bone Connective
Tissues What muscle fibers
are Aerobic Type 2
Kinesiology studies the
mechanics and anatomy in
relation to human movement
What action is when muscles
shorten to produce movements
Concentric What ...

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HOW TO PASS THE ISSA FITNESS TRAINER EXAM - Study tips and ...

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